

# DILL SHRIMP DIP

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

Serves: 10 (Serving= ¼ cup)

## Nutrition (per serving)

Calories: 111

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 201 mg

Total Carbohydrate: 4 g

Dietary Fiber: 0 g

Protein: 11 g



## Ingredients

- 50 medium-large de-veined cooked shrimp
- ½ cup light sour cream
- ½ cup light mayonnaise
- ¼ cup slivered almonds, roughly chopped
- ¼ cup green onion, finely chopped
- ¼ cup red bell pepper, finely diced
- 1 teaspoon garlic, minced
- ½ Tablespoon dried dill weed
- Juice of 1 lemon

## Directions

1. Take tails off shrimp and finely chop into pieces.
2. Place shrimp and rest of ingredients into medium bowl and mix well.
3. Chill before serving. Serve with whole grain or gluten free crackers.



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